



UCCOOK

Ostrich & Beetroot Bowl

with lemony cottage cheese

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	387kJ	1948kJ
Energy	93kcal	466kcal
Protein	8g	40.1g
Carbs	6g	29g
of which sugars	2g	9g
Fibre	2g	8g
Fat	3.2g	16.3g
of which saturated	0.8g	4.1g
Sodium	71mg	359mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
7.5ml	15ml	NOMU Italian Rub
30ml	60ml	Quinoa <i>rinse</i>
10g	20g	Pumpkin Seeds
40g	80g	Corn
150g	300g	Free-range Ostrich Strips
30ml	60ml	Low Fat Cottage Cheese
10ml	20ml	Lemon Juice
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

1. ROAST Preheat the oven to 200°C. Spread the beetroot and onion on a roasting tray. Coat in ½ the NOMU rub, and season. Lightly spray with cooking spray or a drizzle of oil (optional) and roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. QUINOA Place the quinoa in a pot with 100ml [200ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CORN Return the pan to medium-high heat. When hot, add the corn and lightly coat with cooking spray or add a drizzle of oil to the pan (optional). Fry until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

5. OSTRICH Return the pan to high heat and lightly spray with cooking spray or add a drizzle of oil to the pan (optional). When hot, fry the ostrich strips until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.

6. JUST BEFORE SERVING In a small bowl, combine the cottage cheese with ½ the lemon juice (to taste) and seasoning. Loosen with water in 5ml increments until a drizzling consistency. In a salad bowl, combine the quinoa, beetroot, corn, onion, ostrich, green leaves, the remaining lemon juice (to taste), and season.

7. DINNER IS READY Dish up the loaded ostrich salad and drizzle over the tangy cottage cheese. Garnish with a sprinkle of the parsley and the pumpkin seeds. Dig in, Chef!